# What you need: Week 7



# **Beauty with Deborah Nail Painting**

- Hand Sanitiser
- Face Cream
- Nail file
- Nail Paint



# **Aerobics with Arita**

- A drink of water
- Comfortable clothing
- Comfortable shoes
- A chair
- Resistance band
- Space to move



#### Mindfulness with John

- A quiet room
- Relaxing music
- A comfortable place to relax
- Hand sanitiser



#### **Line Dancing with Gary**

- Comfortable shoes
- Water
- Plenty of space
- Comfortable clothes



#### **Art with Jenny Hummingbird**

- Picture of a hummingbird
- 2 white sheets of paper
- Scissors
- Pencil
- Colouring pencils
- Markers
- Rubber
- Hole punch



# Leek and Mushroom Risotto with Emer Ingredients

- 8 oz mushrooms
- 2 leeks
- Vegetable stock cube
- 1 cup Arborio Risotto Rice
- Salt and Pepper
- 1 teaspoon olive oil
- A little butter
- Parmesan cheese
- Cooker

#### Equipment

 Mixing bowl, saucepan, jug, wooden spoon



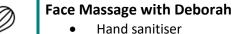
#### Yoga with Anita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- Space to move in a relaxing room
- A yoga mat, mat or carpet
- Yoga block
- Blanket



# **Banana and Oat Biscuits with Brid**

- Bananas
- Oatflakes
- **Peanut Butter**
- Honey
- **Chocolate Pieces**
- Flaked Almonds
- Salt
- Bowl, fork, spoon
- Greased Baking tray
- Oven 180 degrees for 15 minutes



- Face cream or massage oil
- Face mask

## **Soup with Eugene**

- Mixed Vegetables
- Cajun Seasoning, salt, pepper
- **Red Onion**
- Garlic
- Chicken stock
- Flour
- Butter
- Saucepan, spoon and cooking hob

#### **Drawing with Edel**

- Paper plain sheet
- Pencil
- Rubber



## **Photography with Anna**

- Smart Phone or Tablet
- Coin
- Piece of Jewellery/orange
- Other objects to take pictures

#### Literacy with Dylan

- Lesson sheet-PDF printed
- Pen



#### **ISL** with Robert

• Comfortable space



#### **Guitar with Ruairi**

Guitar

